



# Family Education Handout Prior to Allergy Testing

Prior to your Office visit for allergy testing, please stop all antihistamines 3 days prior. Below is a list of medications which should be held and others that do NOT need to be held: If there are any questions please do not hesitate to call our office for a clarification.

## Medications to stop before Allergy Testing

### Antihistamines:

#### Stop 3 days before testing

- ❖ Cetirizine (Zyrtec)
- ❖ Loratadine (Claritin, Alavert)
- ❖ Fexofenadine (Allegra)
- ❖ Desloratadine (Clarinex)
- ❖ Xyzal (Levocetirizine)
- ❖ Diphenhydramine (Benadryl)
- ❖ Chlorpheniramine (Chlor-Trimeton)
- ❖ Brompheniramine (Dimetapp)
- ❖ Clemastine (Tavist, Antihist)
- ❖ Carbinoxamine (Karbinal ER)
- ❖ Combination Drugs (Actifed, Drixoral, Trinalin)

### Antidepressants that have antihistamine effect:

#### Stop for 2 weeks (14 days) before testing.

Amitriptyline (Elavil), Clomipramine (Anafranil), Doxepin (Sinequan), Imipramine (Tofranil), Trimipramine (Surmontil), Amoxapine (Asendin), Desipramine, (Nurpramin), Nurtipryline (Pamelor, Aventyl), Protriptyline (Vivactil), Maprotiline (Ludiomil), Mirtazapine (Remeron), Trazodone (Desyrel), Nefazadone (Serzone)

### Miscellaneous Anti-Anxiety Agents:

#### Stop for 1 week before testing

- ❖ Hydroxyzine (Vistaril, Atarax)
- ❖ Alprazolam (Xanax)
- ❖ Clonazepam (Klonopin)

### Herbal Supplements:

#### Stop 3 days before testing:

- ❖ Astragalus
- ❖ Licorice
- ❖ Green Tea
- ❖ Milk Thistle
- ❖ Saw Palmetto
- ❖ St. John's Wort
- ❖ Feverfew
- ❖ D-Hist
- ❖ Quercetin

### Topical Steroid Anti-Inflammatories:

creams, ointments, gels, solutions, lotions  
Withhold morning of test.

### Histamine Blockers:

#### Do not give on the day of testing

- ❖ Cimetidine (Tagamet)
- ❖ Ranitidine (Zantac)
- ❖ Nizatidine (Axid)
- ❖ Famotidine (Pepcid)

### Leukotriene Receptor Agonists:

#### Stop the night before testing

- ❖ Montelukast (Singulair)
- ❖ Zileuton (Zyflo)
- ❖ Zafirlukast (Accolate)

### Miscellaneous:

#### Do not give on the day of testing:

- ❖ Cisapride (Propulsid)
- ❖ Metoclopramide (Reglan)

#### Stop 3 days before testing:

- ❖ Prochlorperazine (Compazine)

## Medications That Have No Effect On Allergy Testing

### Asthma inhalers:

- ❖ Corticosteroids – inhaled or short term oral
- ❖ Cromolyn (Intal IH/Nasalcrom)

### Inhaled short acting beta adrenergics:

- ❖ Albuterol (Proventil, Ventolin)
- ❖ Levalbuterol (Xopenex)
- ❖ Bitolterol (Tornalate)
- ❖ Isoetharine (Bronkosol)
- ❖ Metaproterenol (Alupent, Metaprel)
- ❖ Pirbuterol (Maxair)
- ❖ Terbutaline (Brethaire, Brethine)
- ❖ Isoproterenol (Isuprel)
- ❖ Primatene Mist

### Long acting beta adrenergics:

- ❖ Salmeterol (Serevent)

### Oral bronchodilators:

- ❖ Albuterol, (Volmax, Ventolin, Proventil)
- ❖ Proventil (Repetabs)
- ❖ Metaproterenol (Metaprel)
- ❖ Terbutaline (Bricanyl, Brethaine)

### Anticholinergics:

- ❖ Ipratropium (Atrovent)
- ❖ Combivent

### Mast Cell Stabilizers:

- ❖ Cromolyn Sodium (Intal)
- ❖ Nedocromil Sodium (Tilade)

### Miscellaneous:

- ❖ Omeprazole (Prilosec)
- ❖ Lansoprazole (Prevacid)
- ❖ Valproate (Depakote)
- ❖ Quinine
- ❖ Fluvoxamine (Luvox)

### Antidepressants and Anti-anxiety:

- ❖ Bupripion (Wellbutrin)
- ❖ Buspirone (BuSpar)C
- ❖ Chlordiazepoxide (Libritabs)
- ❖ Citalopram (Celexa)
- ❖ Clorazepate (Tranxene)
- ❖ Diazepam (Valium)
- ❖ Estazolam (Prosom)
- ❖ Flurazepam (Dalmane)
- ❖ Fluoxetine (Prozac)
- ❖ Lorazepam (Ativan)
- ❖ Midazolam (Versed)
- ❖ Nefazodone (Serzone)
- ❖ Paroxetine (Paxil)
- ❖ Oxazepam (Serax)
- ❖ Quazepam (Doral)
- ❖ Sertraline (Zoloft)
- ❖ Temazepam (Restoril)
- ❖ Trazadone (Desyrel)
- ❖ Triazolam (Halcion)
- ❖ Venlafaxine (Effexor)
- ❖ Zolpidem (Ambien)

**Herbal Supplements:** Aloe, Bilberry, Cascara Sagrada, Cat's Claw, Cayene, Devil's Claw, Echinacea, Evening Primrose, Garlic, Ginger, Ginkgo, Ginseng, Goldenseal, Echinacea, Evening Primrose, Gota Kola, Grapeseed Extract, Valeria